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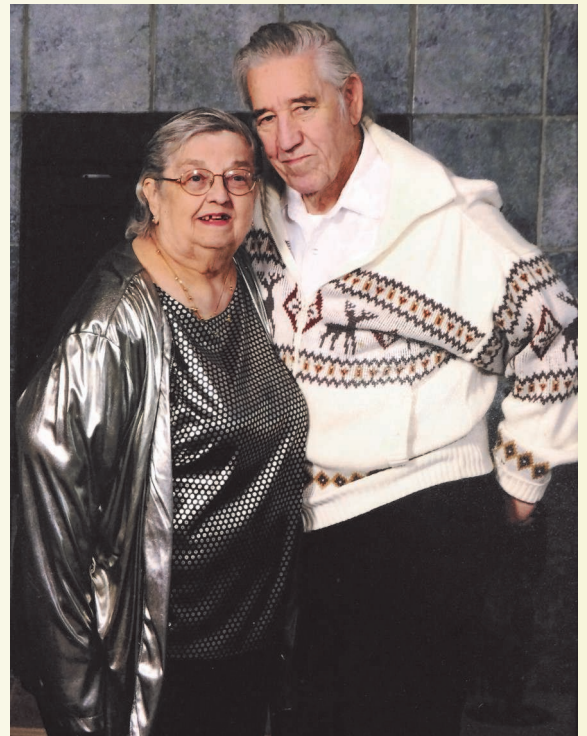
Seniors in TOUCH

“ It Means So Much To Stay In Touch”

Deanna and Bob Wield: Laughter is the Best Medicine

By Jean McShane
With Toni Becker

Bob Wield’s birthday is April 2nd. Sitting around a table at the Falls Senior Dining Center his wife, Deanna, tells friends that he was only one day away from being an ‘April Fool’. “Aw.....I’m a good boy,” Bob responds. “He didn’t say good for what,” Deanna comes back. Friends at the Sheboygan Falls Senior Dining Center chuckle at the Wield’s banter, while Bob and Deanna exchange the loving glance of two people who’ve shared life’s highs and clung close together during its lows.



When Bob and Deanna vowed ‘for better or worse’ almost sixty years ago, they couldn’t have imagined how good the ‘better’ or how bad the ‘worse’ was to be during the coming six decades.

Both graduates of Sheboygan Falls High School in different years, Bob and Deanna started to date when Bob returned from his three-year stint with the U.S. Marine Corp. “We just hit it off right away,” says Deanna. Now four children, four grandchildren and five great-grandchildren later, they reminisce about their lives busy with family and friends, careers, volunteer work and most recently, serious medical issues.

Bob, the oldest of seven children, jokes that he’s probably related to half of the residents of Sheboygan Falls and can’t leave the house without running into one of them. Even while he was digging trenches on the front lines in Korea during the ‘50s, a soldier he had never met introduced himself to Bob as Bob’s new uncle, the man who recently married Bob’s aunt. *(cont. on p. 9)*

Special Days In

1st	APRIL FOOLS!!!
2nd	Peanut Butter and Jelly Day
4th	Walk Around Things Day
7th	Caramel Popcorn Day
12th	Big Wind Day
14th	International Moment of Laughter Day
17th	Blah, Blah, Blah Day
20th	Volunteer Recognition Day
24th	Pig in a Blanket Day
30th	Hairstyle Appreciation Day

Sheboygan County Senior Dining Sites

Adell Senior Center

650 Siefert
Adell, WI 53001
Phone: 920-994-9934
Open: Monday thru Friday
Manager: Mary Kempf

Cascade Village Hall

301 1st Street
Cascade, WI 53011
Phone: 920-994-9934
Open: Mondays
Manager: Mary Kempf

Cedar Grove—First Reformed Church

237 South Main
Cedar Grove, WI 53013
Phone: 920-668-6863
Open: Mondays
Manager: Delores M.

Howards Grove Village Hall

913 South Wisconsin Drive
Howards Grove, WI 53083
Phone: 920-467-9042
Open: Tuesdays
Manager: Toni Becker

Oostburg Civic Center

213 North 8th Street
Oostburg, WI 53070
Phone: 920-564-5099
Open: Wednesdays
Manager: Joan (volunteer)

Plymouth—Generations Building

1500 Douglas Drive
Plymouth, WI 53073
Phone: 920-892-4821
Open: Monday thru Friday
Manager: Susan Wenzel

Sheboygan—Zion Covenant Church

1125 North 6th Street
Sheboygan, WI 53081
Phone: 920-207-2522
Open: Monday thru Friday
Manager: Darcy Vollrath

Sheboygan Falls Aging and Disability Resource Center

650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-9042
Open: Monday thru Friday
Manager: Toni Becker

Platter Patter

April is Volunteer Recognition Month. Volunteers are the backbone of the Sheboygan County Aging Program. Without the contributions from volunteers, the Aging Program would not be able to bring the programs it does to Sheboygan County seniors.

The Aging Program depends on volunteers to:

- deliver meals to seniors who need meals brought to them,
- drive seniors to medical appointments,
- greeting and directing people at the courthouse,
- visiting other seniors in their home,
- making telephone reassurance calls,
- helping to serve and clean up at the meal sites,
- manage the dartball league,
- be a guardian for those needing assistance with decision-making,
- assist with clerical duties at the ADRC.

As an example of the amount of assistance volunteers provided in 2015, the home meal drivers delivered 7,727 meals and the medical drivers provided 3,349 rides and drove a total of 73,325 miles. It is this type of effort that makes the Aging Programs successful.

Volunteering is not just a one-way street. Volunteering is beneficial for the volunteer also. The Harvard Health publication, "Simple Changes, Big Rewards: A Practical, Easy, Guide for Healthy, Happy Living," indicated that "helping other kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000 -- \$100,00 versus \$20,000, say the researchers."

Those of us here at the Sheboygan County Aging Unit wish to extend a very heart-felt "Thank You!" for all that you have done to help make the programs successful.

Sheboygan County Senior Dining Program

Aging and Disability Resource Center
650 Forest Avenue
Sheboygan Falls, WI 53085
Phone: 920-467-4100



Email: adrc@sheboygancounty.com

Seniors In Touch is also online at:

<http://www.sheboygancounty.com/government/departments-f-q/health-and-human-services/aging-and-disability-resource-center/seniors-in-touch-newsletter>



Garlic, Not Just to Ward Off Vampires

- Garlic is one of the oldest cultivated crops. It was fed to the builders of the Great Pyramid in Egypt in the belief that it gave them strength and endurance.
- Garlic attracts leeches. They take 14.9 seconds to attach to a hand covered with garlic, but 44.9 seconds to suck blood from a clean one.
- Garlic is believed to ward off heart disease, cancer, colds, and flu. The consumption of garlic lowers blood cholesterol levels, and reduces the buildup of plaque in the arteries. It is also used to treat acne, warts, and toothaches and vaginitis.
- The majority of garlic (90%) grown in the United States comes from California. China however produces 66% of the world's garlic.
- There are over 300 varieties of garlic grown throughout the world.
- The smell of garlic can be removed from the fingers by running your hands under cold water while rubbing a stainless steel object.
- If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water. It is also known to repel other insects such as mosquitoes, mites and fleas.
- Garlic is a member of the Lily family, which also includes onions, leeks and shallots.

(<http://garlicshaker.com/blog/garlic-21-fun-facts-/>)

Senior Meet and Eat

The Sheboygan AARP will meet on March 15, 2016, at Arabella's on South 8th Street in Sheboygan. The speaker to be determined..

You do not need to be a member of the Sheboygan AARP chapter to attend. For more information, call 467-6634.

Riddle Me This *(answer on p. 10)*

Can you match the county of origin for these sports?

<u>Sport</u>	<u>Country</u>
Skiing	Switzerland
Polo	Korea
Bobsleigh	India
Tai Chi Chuan	Norway
Taekwondo	China

(www.happy-neuron.com)

APRIL QUESTION of the MONTH

What Volunteer Work Have You Done in Your Life?

asked at the Plymouth Senior Dining Site

Usher in church <i>-Harlen H</i>	Serving school lunch <i>-Lenore M</i>	VFW Brat Fry <i>-Allen P</i>
Church activities <i>-Rose P</i>	Reading to children at daycare <i>-Sandra P</i>	Helped in kitchen <i>-Doris F</i>
Church <i>-Patti W</i>	Bingo at Rocky Knoll <i>-MaryAnn A</i>	Bethesda thrift store <i>-Dorothy H</i>
Road America <i>-Peter</i>	At Generations <i>-Evelyn B</i>	Choir Director at church <i>-LaVerne A</i>
School nurses aid <i>-Anita R</i>	PTO at Fairview School <i>-Sharon K</i>	Senior Meal Site <i>-Betty P</i>
Help setting tables at Senior Center <i>-Alyce G</i>	Still working at Neat Repeats for 3 years now <i>-Gordy C</i>	Leader Dogs for the Blind as a puppy raiser <i>-Beth P</i>
Call Bingo <i>-Gladys M</i>	Greeter at church <i>-Wayne B</i>	



Homestead Tax Credit

The Homestead Tax Credit is a benefit for renters and home owners with low or moderate income. The credit amount depends on one's income and the amount of property taxes or rent one paid. A person will generally receive a higher credit when income is lower and property taxes/rent is higher. The maximum credit one may receive is \$1,168.

To obtain the credit, a person must complete a Wisconsin Homestead Credit Claim Form (Schedule H-EZ or Schedule H). the deadline for submitting 2015 Wisconsin Homestead Credit Claim Form is April 15, 2020.

Below is the criteria to qualify for the homestead credit:

- Your household income must have been less than \$24,680 for 2015.
- You must have been a legal resident of Wisconsin for all of 2015, from January 1 through December 31.
- You must have been 18 or older on December 31, 2015.
- You cannot be claimed as a dependent on someone else's 2015 federal income tax return. (*Note: This limitation does not apply if you were 62 or older on December 31, 2015.*)
- You must have been the owner or renter of your Wisconsin homestead during 2015.
- You must not have lived in housing that is exempt from property taxes for the entire year. (*Note: Property owned by a municipal housing authority makes payments in place of property taxes to the city or town in which it is located. If you live in public housing, you should check with your rental manager.*)
- You must not, at the time of filing a claim, be living in a nursing home and receiving Title XIX medical insurance.
- You must not be claiming Wisconsin farmland preservation credit for 2015.
- You must not be claiming the veterans and surviving spouses' property tax credit on the 2015 real estate taxes.
- Only one claim may be filed per household (married couple residing together).
- No claim may be filed on behalf of a person after his or her death.
- You must not have received Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more for each month of 2015.

If you have any additional questions, you may call Pat Hafermann, Elderly Benefits Specialist with the Aging and Disability Resource Center at (920) 467-4076.

(Sources: Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center.)



April is Foot Health Awareness Month

Follow these suggestions from the *National Diabetes Education Program to prevent serious foot problems*:

- Wash and check your feet every day. Take care to check between each of your toes and look at the bottom of your feet. Just glancing down at your feet will not reveal small cuts or blisters that might be developing.
- Keep your feet dry, especially between your toes. Bacteria love to live in dark, moist places and between your toes is a perfect place for them to flourish.
- Keep your feet soft. This is important if you have dry skin and develop cracks in your heels. Apply a moisturizing lotion every day to your feet. Lotion the tops, bottoms and heels of your feet. Avoid putting lotion between your toes to keep that area dry.
- When cutting toenails, use care not to clip the skin around the nail. Cut straight across.
- If you cannot reach your feet, ask a family member or caregiver to check them and to cut your nails. You may also make appointments with podiatrists – doctors specializing in foot care.
- Wear well-fitting socks and shoes. Socks or shoes that are too tight may cause misshapen toes or blisters.

In addition to daily foot care, you need to have your health care provider or a foot doctor examine your feet once a year as part of your diabetes wellness check-up. Doctors can check your feet to see if there is any loss of feeling and to check foot pulse for good blood flow. (http://msue.anr.msu.edu/news/april_is_national_foot_health_awareness_month)

April is National Awareness Month For:

Foot Health
Autism
Irritable Bowel Syndrome
Alcohol
Humor



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What is Irritable Bowel Syndrome and What Can be Done About It?

By Mayo Clinic Staff

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). Irritable bowel syndrome commonly causes cramping, abdominal pain, bloating, gas, diarrhea and constipation. IBS is a chronic condition that you will need to manage long term.

Even though signs and symptoms are uncomfortable, IBS — unlike ulcerative colitis and Crohn's disease, which are forms of inflammatory bowel disease — doesn't cause changes in bowel tissue or increase your risk of colorectal cancer.

Only a small number of people with irritable bowel syndrome have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Others will need medication and counseling.

The signs and symptoms of irritable bowel syndrome can vary widely from person to person and often resemble those of other diseases. Among the most common are:

- Abdominal pain or cramping

- A bloated feeling

- Gas

- Diarrhea or constipation — sometimes alternating bouts of constipation and diarrhea

- Mucus in the stool

For most people, IBS is a chronic condition, although there will likely be times when the signs and symptoms are worse and times when they improve or even disappear completely.

Your doctor may be able to help you find ways to relieve symptoms as well as rule out colon conditions, such as inflammatory bowel disease and colon cancer. Your doctor can also help you avoid possible complications from problems such as chronic diarrhea. (<http://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/basics/definition/con-20024578>)

April Fools' Day: Origin and History

by David Johnson and Shmuel Ross

In 1582, Pope Gregory XIII ordered a new calendar (the Gregorian Calendar) to replace the old Julian Calendar. The new calendar called for New Year's Day to be celebrated Jan. 1. That year, France adopted the reformed calendar and shifted New Year's day to Jan. 1. According to a popular explanation, many people either refused to accept the new date, or did not learn about it, and continued to celebrate New Year's Day on April 1. Other people began to make fun of these traditionalists, sending them on "fool's errands" or trying to trick them into believing something false. Eventually, the practice spread throughout Europe.

There are at least two difficulties with this explanation. The first is that it doesn't fully account for the spread of April Fools' Day to other European countries. The Gregorian calendar was not adopted by England until 1752, for example, but April Fools' Day was already well established there by that point. The second is that we have no direct historical evidence for this explanation, only conjecture, and that conjecture appears to have been made more recently.

Another explanation of the origins of April Fools' Day was provided by Joseph Boskin, a professor of history at Boston University. He explained that the practice began during the reign of Constantine, when a group of court jesters and fools told the Roman emperor that they could do a better job of running the empire. Constantine, amused, allowed a jester named Kugel to be king for one day. Kugel passed an edict calling for absurdity on that day, and the custom became an annual event.

"In a way," explained Prof. Boskin, "it was a very serious day. In those times fools were really wise men. It was the role of jesters to put things in perspective with humor." This explanation was brought to the public's attention in an Associated Press article printed by many newspapers in 1983. There was only one catch: Boskin made the whole thing up. It took a couple of weeks for the AP to realize that they'd been victims of an April Fools' joke themselves. (<http://www.infoplease.com/spot/aprilfools1.html>)

The Healing Power of Laughter

“Sure we’ve had our ups and down, but you can either laugh or cry when bad things happen; we choose to laugh.” (Deanna Wield in this month’s cover profile.)

In 1964, at age 49, Norman Cousins, journalist and editor of the Saturday Review, was diagnosed with a terminal disease and given a 1 in 500 chance of survival. In his book, *Anatomy of an Illness*, Cousins describes how “laughter therapy” was one of the important tools he used to beat those odds and return to good health.

Believing that he must be engaged in his own cures and take some responsibility for his own treatment, Cousins began his own research. He discovered that negative emotions such as fear, stress and anger cause negative body chemical changes. He hypothesized, therefore, that positive emotions like love, hope and laughter should cause positive body chemical changes, and that laughter is a release of tension.

Cousins began daily viewing of funny films like Groucho Marx and Candid Camera. He discovered that ten minutes of good hard belly laughing gave him several hours of pain-free sleep. Eventually he was able to discontinue all pain medications. Cousins died in 1990, at age 75

In her book, *Laughing Your Way to Grace*, Rev. Susan Sparks writes: “Since Cousin’s groundbreaking study, numerous scientists and doctors have conducted similar tests with similar results. The University of Maryland conducted a study where people were shown laughter-provoking movies to gauge their effect on cardiac health. The results showed that laughter appeared to cause the inner lining of blood vessels to dilate, thus increasing blood flow and avoiding dangerous vessel constriction. Consistent evidence has been shown that laughter, over time, offers significant medical benefits, including boosting the immune system, lowering blood pressure, improving heart and respiratory functions, even regulating blood sugar.”

Laughter equals good medicine and good fun.



RETIREMENT DECISIONS 2016

Thursday, April 7th
4:00 p.m. to 5:30 p.m.

**Sheboygan County
Aging & Disability
Resource Center**
650 Forest Avenue
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Presented by:
Pat Hafermann, Elder Benefit Specialist
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Understanding End of Life Decisions

Advanced Directives-Palliative Care and Hospice

Presenter: Marsha Vollbrecht, Senior Services Director/Aurora Health Care

What is the difference between a Living Will and a Power of Attorney for Health Care? What is palliative care? When should hospice be used? Come find out the answer to these and other questions so you are better prepared to make important end of life decisions.



Ask The Pharmacist

By Cammy Jorstad, Pharmacist, Sheboygan Health Mart Pharmacy



“What Should I Do To Get Rid Of Earwax?”

Earwax. Great table topic, right? Maybe not, but earwax is a natural, normal part of your body. It helps clean and lubricate your ears. Without it, your ears would become dry and itchy and pretty uncomfortable. Earwax forms in glands located in the skin of the outer part of your ears. It traps dust and dirt, and gradually transports these "invaders," along with skin cells, to the ear opening. There, it flakes and falls out or gets washed out by you. When all goes well, you don't even need to clean your ear canals. Just wash your outer ears with soap and water when taking a shower or bath.

But if earwax builds up, it's time to take action. You may have symptoms such as a feeling of fullness, ringing, discharge, itching, odor, or partial hearing loss. Here's another clue: Your family members have started teasing, "Didn't you hear me? Get the wax outta your ears!" Start by cleaning the external ear with a cloth, but don't insert anything, such as a cotton-tipped applicator, bobby pin, piece of paper – or even your finger – into your ear canal. This does just the opposite of what you intend: It pushes wax deeper into your ear canal and can cause infection. You can also damage the ear canal or eardrum. Whatever you do, don't try a product called ear candles for extracting earwax. These involve inserting a cone-type device into the ear canal and setting the other end on fire! They can cause serious injury.

What if you still have symptoms? In most cases, home treatments to soften wax work just fine. I can direct you to some possible options in our store. At home, lie on your side and deposit a few drops of one of these products in your ear. If this alone doesn't work, you can try ear syringing. This involves suctioning the wax out of year ears. Again, I can help you find these ear syringes here in our store. They work best if you put water, saline, or wax dissolving drops in the ear canal about 15–30 minutes beforehand.

Before trying any of these products, it's best to discuss it with your doctor. *If you have diabetes, a weakened immune system, perforated eardrum, or tube in your eardrum*, a doctor should manually remove any built-up earwax, using special devices such as graspers and suction. A special ear, nose, and throat doctor called an otolaryngologist may be the best person for the job, especially if you have a narrow ear canal. Occasionally, you may also need antibiotic eardrops for an infection.

New nickname, Shrek? No worries. Some people make more earwax than others. If needed, you can see your doctor for preventive cleaning as often as every 6 to 12 months.

(Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.)



Toni handing out door prizes at the 2013 Volunteer Banquet

“Au Revoir, Mon Ami!”

The Aging Unit would like to say, “Happy Trails!” to one of our own. Toni Becker, who has been the dining program manager for the Sheboygan Falls and Howards Grove locations, will be retiring from Sheboygan County on April 5th.

In addition to her work as a dining site manager, Toni has served as a mentor for other dining program staff and has been a frequent contributor to Seniors In Touch, writing and editing a significant number of the of the lead stories.

The participants and staff of the dining program will miss Toni. We wish her well as she begins her new journey and salute her as she rides off into the sunset to find out why the cow-boys enjoy it so much.

(Laughter is the Best Medicine, cont. from p. 1)

While in the Marines, Bob served along the Korean front, Berlin and East Berlin and Boulder City during the Korean War, and served his last year as a prison guard in Camp Pendleton, in southern California. Wounded in action, Bob was awarded the Purple Heart. He remains active in the VFW and American Legion, and recently went with Vets Roll by bus to see the WWII War Memorial and other sites in Washington D.C.

A self-described people person, Bob has a mountain of good memories growing up with a close, loving family and many friends. As a boy, Bob says he and his neighborhood buddies “had lively lives” playing ball, riding ice blocks down the river and many other fun kid activities.

At age eleven, Bob joined the Boy Scouts of America, later earning his Eagle Scout award. He went on to become a Scout Master, serving about 16 years leading Sheboygan Falls troops. He and his older Explorer group trained in first aid and assisted people needing medical attention at Falls community festivals. In later years, Bob archived local Boy Scout memorabilia, now kept at the Sheboygan County Historical Museum.

While in high school Bob participated in baseball, football, and track. He placed third in the state high jump, bounding 5’9”. He had a paper route with 98 daily deliveries and also worked summer jobs digging ditches for the city, picking beans and strawberries.

Bob worked at Bemis for 15 years, then at Vollrath for 31 years. He also worked with the Sheriff’s Department as security for Road America on race weekends. In addition to his continuing Scout leadership, Bob coached men’s and women’s baseball for 30 years, and enjoyed regular family fishing and hunting trips.

Deanna, the eldest of two children, also grew up in Falls. Her first job was at Wally’s Photo Studio in Falls, doing photo developing and printing, and coloring black and white photos. After marriage, Deanna held jobs that fit around her busy schedule as mom to four children. Deanna worked as seamstress for Klein’s Clothing store, and also did seamstress work out of her home embroidering names on team bowling shirts. She was an Avon representative for 30 years. In addition, Deanna and Bob cared for her disabled brother in their home for 15 years, until he passed away. A talented crafter, Deanna especially enjoys counted cross stitch on vinyl, and designs holiday projects every year.

Deanna joined Girl Scouts when she was eleven. And along with Bob, Deanna became a Boy Scout leader and had her own Camp Fire Girls Troop. Deanna became a Regional Scout Commissioner and earned a District Award of Merit.

Now Deanna chuckles as she recalls an overnight scout roller skating party in which someone broke their leg at 3 a.m. Though Deanna immediately rushed him to an emergency room, the medical staff didn’t understand that it had just occurred, and kept scolding Deanna for not bringing the child in earlier. And she’ll never forget their scouting subzero winter camping trip at Terre Andrea Park.

They have faced many life challenges with grace and humor. When she was 27 years old, Deanna was diagnosed with breast cancer which required surgery. With typical humor and grit, Deanna told her doctor, “I don’t have time to die; I have four kids to raise!” According to Deanna, Bob’s supportive attitude made all the difference for her during that difficult time. Their mutual support and devotion also helped Deanna cope with recent serious heart problems. Deanna is now considering becoming a mentor for a local cancer support group.

Bob recently had his leg amputated, following on the heels of many serious heart problems and colon cancer. Deanna tells how impressed Bob’s nurses were with his attitude. And Bob’s doctor couldn’t imagine someone Bob’s age joking around after the operation and recuperating so quickly. Within nine weeks of the surgery, Bob was walking with his new prosthetic leg and telling everyone that “Deanna thought she could keep up with me after my leg was removed, but I showed her.” Again, the intimate smiles pass between them. “If he ever stopped picking on me, I’d think he doesn’t love me anymore,” Deanna said. “Sure we’ve had our ups and downs, but you can either laugh or cry when bad things happen, we choose to keep laughing.”

Fun Facts About Tomatoes

- According to the U.S. Department of Agriculture, Americans eat between 22- 24 pounds of tomatoes per person, per year. (More than half of those munchies are ketchup and tomato sauce.)
- The tomato is America's fourth most popular fresh-market vegetable behind potatoes, lettuce, and onions.
- Americans have increased their tomato consumption 30% over the last 20 years (mostly in processed forms such as sauce, paste, and salsa).
- While tomatoes are perfectly safe and healthy to eat, their leaves are actually toxic!
- As of 2007, Americans spend more on salsa than tomato ketchup.
- Americans consume three-fourths of their tomatoes in processed form. (<http://www.tomatodirt.com/tomato-facts.html>)



Food Celebrated In April

BLT Sandwiches	Tomatoes
Garlic	Grilled Cheese
Soft Pretzel	Soy Foods
Egg Salad	Spiral Ham 4/15

Riddle Me This—Answer

(from p. 3)

Skiing:	Norway
Polo:	India
Bobsleigh:	Switzerland
Tai Chi Chuan:	China
Taekwondo:	Korea



The Joker's Corner



The difference between the short and long income tax forms is simple: If you use the short form, the government gets your money. If you use the long form, your accountant gets your money.

After hearing a sermon about honesty, a man wrote the following letter to the IRS: I have been unable to sleep knowing that I cheated on my income tax, so have enclosed a check for \$500. If I still can't sleep, I will send the rest.

Following minor surgery with a local anesthetic, an elderly nun told her nurse that she was upset about the four-letter word her doctor used during the procedure. "What did he say?" asked the nurse. "Oops!"

A funeral procession is passing by a golf course. One elderly golfer removes his cap and bows his head as the cars drive by. Two younger golfers remark that you don't see that kind of respect much anymore. Another golfer replies: "Well, after all, it is his wife."

And Ole' is playing his favorite April Fool's Day joke: Gluing coins to a busy sidewalk and watching people try to pick them up.

Cookies	1 (3 oz.) pkg. of cream cheese
1 ¼ cup flour	½ cup apricot preserves
1 ½ tsp baking powder	<i>Frosting:</i>
¼ cup salt	1 cup of confectioner sugar
¼ cup sugar	1 tbs of butter, softened
½ cup butter, softened	¼ cup apricot preserves

Apricot Jewels—submitted by Shirley Kurth, Adell



Cookie Directions: Pre-heat oven to 350°. In large bowl combine all ingredients except coconut and apricot preserves. Blend with mixer until particles are coarse. Stir in coconut and preserves. Mix thoroughly. Drop by teaspoon onto ungreased cookie sheet. Bake for 15-18 minutes, until lightly browned. Frost while warm.

Frosting Directions: Combine confectioner's sugar with softened butter and apricot preserves. Beat until smooth. (Makes 30-36 cookies. Be careful—cookies burn easily.)

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Honoring Your Wishes:

A Community Conversation
on Advance Health Care
Planning

Presentation Location:

Date: Tuesday, April 19, 2016

Time: 6:30 - 8:00 pm

Location: The Bull at Pinehurst Farms
Heritage House Event Center
Sheboygan Falls, Wisconsin

**Free, Registration appreciated
but not required**

Register online at:

aurorahealthcare.org/events

or by calling:

Aurora Sheboygan Community
Outreach at (920) 451-5513

Advance Health Care Planning

A process for making your health care wishes known that is important for everyone over the age of 18.

After this program you will be able to:

- Define Advance Care Planning
- State why Advance Care Planning is important for all adults and how it may change over time
- Know how to get help completing an Advance Directive
- Have ideas on how to prepare for and start a conversation about Advance Care Planning with your family or doctor

"Planning now for your future health care is one of the most important acts you will ever do for yourself and your family"
AARP (www.aarp.org)

"Anything can happen to anybody at any time. When you are young, nobody thinks it will happen to them. But it can." Honoring Choices Wisconsin

Join Dr. Vytas Kerpe, along with ICU nurses Kathy Vater and Ryan Schmidt, social workers Lee Mitchler (SSRCH) and Christine Freund (ADRC) and Rev. John Tinsley for a panel discussion about Advance Health Care Planning.



"It Always Seems Too Early, Until It's Too Late."

By Annette Selk, RN, Health Promotion, ADRC of Sheboygan County

Consider the following scenarios. Which would you rather be in?

- I can't believe this is happening. My beautiful 26 year old daughter was in a car accident last week and has a severe head injury. She remains in the hospital, is very confused and can hardly talk. She needs physical help 24 hours a day and may need more surgery. Thank goodness we completed a Power of Attorney for Health Care (POA-HC) last year that now allows me to make her health care decisions, consent to treatments and make placement decisions for her. When she completed her POA-HC, we talked about what type of care and treatments she would want or would not want if anything serious happened. I know what her wishes are and this is a comfort at this difficult time. With everything going on, I am so thankful we planned ahead.
- Last year, a friend's son fell out of his tree stand. He also had a brain injury along with severe physical injuries. He had not completed a POA-HC document and my friend had to go to court and be appointed as his guardian in order for her to make his health care decisions. She did not have a conversation with her son and did not know what he would have wanted.



I believe all of us can see the advantage of being in the first scenario. The National Health Decisions Day theme is "It Always Seems to Early, Until It's Too Late."

A Power of Attorney for Health Care (POA-HC) is an important legal document for any adult to have completed. This document names 2 people that can speak for you when you cannot speak for yourself. Because it is difficult to think about every scenario that could happen, it is a good idea to pick someone who shares your views and values about life and medical decisions.

Decisions that may come up in an emergency or end stage chronic disease situation include whether or not you would want cardiopulmonary resuscitation, a machine to breath for you, a tube to feed you or comfort care. It is important to talk about these issues with loved ones and your doctor before it is too late. According to the Institute for Healthcare Improvement, 90% of the US agree that talking with loved ones about end-of-life care is important. 23% have done it. Starting that conversation can be difficult. Honoring Choices Wisconsin by the Wisconsin Medical Society is a website that has "Your Conversation Starter Kit" that walks you through the different questions to think and talk about when you fill out your POA-HC. Start the conversation-it is not too early!

Please consider attending "Honoring Your Wishes: A Community Conversation on Advance Health Care Planning" on Tuesday April 19th from 6:30-8:00pm at The Bull at Pinehurst Farms Heritage House Event Center, Sheboygan Falls. This informational session will include video clips, panel discussion and resources to help you start a conversation with your family. This event is free, but registration is appreciated. Please contact Aurora Sheboygan Community Outreach for information or to register: 920-451-5513.

 <p>Louie Coulis, M.D., F.A.C.C. Robert Horth, M.D., F.A.C.C. 1414 N. Taylor Drive Sheboygan, WI 53081 920.458.9800 Fax 920.458.9882</p>		<p>The right place at the right time.</p>  <p>920.876.4050 • Elkhart Lake</p>		
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April 2016 Activity Calendar

	ADELL	SHEBOYGAN	SHEBOYGAN FALLS				
Fri 4/1	April Fool's Day Party	Bingo	Quarter Bingo				
Mon 4/4	Word Games	Brewer's Opening Day	Game, Trivia, or Reminiscing				
Tue 4/5	Toenail Clinic Bethesda Thrift Shop	Exercise w/Anna	Golden Living Bingo				
Wed 4/6	Board Games	Horse Race Game	Pat Hafermann, Elderly Benefits Specialist				
Thur 4/7	Good Drugs Gone Bad	Golf Dice	Group Game: Wheel of Fortune				
Fri 4/8	Weigh In with Walking Class	Bingo	Quarter Bingo				
Mon 4/11	Word Games	Are You Smarter Than a Fifth Grader Game	Game, Trivia, or Reminiscing				
Tue 4/12	Blood Pressure; Candy Bar Bingo	Tunes on Tuesday	Kiwanis Bingo				
Wed 4/13	Board Games	Games w/Morningside	Chair Exercises with Mary Ellen				
Thur 4/14	Po-Ke-No	Medicare Savings Program	Group Game: Wheel of Fortune				
Fri 4/15	Weigh In with Walking Class	Bingo	Quarter Bingo				
Mon 4/18	Word Games	Golden Living Bingo	Game, Trivia, or Reminiscing				
Tue 4/19	Birthday Celebration	Take-Away Bingo	Quarter Bingo				
Wed 4/20	Board Games	Penny Toss	Games with Carrie of Water- ford				
Thur 4/21	Birthday Celebration	Bunny Dice	Group Game: Wheel of Fortune				
Fri 4/22	Weigh in with Walking Class	Bingo	Quarter Bingo				
Mon 4/25	Word Games	Fifty-One Game	Game, Trivia, or Reminiscing				
Tue 4/26	Money Smart Bingo	Birthday Party w/Music by Accordion Club	Money Smart Week Speaker				
Wed 4/27	Board Games	Spring Jingo	Price is Right				
Thur 4/28	Money Smart Week Speaker	Bingo by Consumer Credit Counseling	Group Game: Wheel of Fortune				
Fri 4/29	Weigh In with Walking Class	Bingo	Morningside Bingo				
CASCADE		CEDAR GROVE		HOWARDS GROVE		OOSTBURG	
Mon 4/4	Hospice Wellness Bingo	Mon 4/4	Mary Huenink, Dietician	Tue 4/5	** Closed ** <i>for Elections</i>	Wed 4/6	Good Drugs Gone Bad
Mon 4/11	Brain Fitness	Mon 4/11	Good Drugs Gone Bad	Tue 4/12	Card Bingo with Jim and Connie	Wed 4/13	Bible Jingo
Mon 4/18	Birthday Celebration	Mon 4/18	Birthday Bingo	Tue 4/19	Pat Hafermann, Elderly Benefits Specialist	Wed 4/20	Birthday Party
Mon 4/25	Money Smart Week Speaker	Mon 4/25	Money Smart Week Speaker	Tue 4/26	Morningside Bingo	Wed 4/27	Money Smart Week - Scams & Schemes

Plymouth Menu & Activities

**April
2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Plymouth Senior Dining 1500 Douglas Drive Plymouth, WI. 53073 Site Manager, Susie 920-892-4821</p>			<p>1 County Ribs & Gravy French Fries Vegetable Blend Applesauce Bread Medicare Savings</p>
<p>4 Spaghetti w/ Meatballs Garlic Bread Grapes Cookie Saddle Tramps Entertainment</p>	<p>5 Chicken Cordon Bleu Baked Potato Mixed Vegetables Banana Bread Morningside Terrace</p>	<p>6 Potato Pancakes w/ Syrup & Links Apple Sauce Orange Juice Strawberry Shortcake Atrium Bingo</p>	<p>7 Fish Fry w/ Tartar Sauce Tater Tots Coleslaw Orange Bread GNC Healthy Habits</p>	<p>8 Roast Pork & Gravy Scalloped Potatoes Peas Tropical Fruit Bread Stephanie H. Weill</p>
<p>11 Chili Cornbread Carrot Raisin Salad Strawberries Cookie Concordia U. Nurse</p>	<p>12 Baked Chicken Baby Red Potatoes Butternut Squash Apple Pie Bread Fred's Luncheon</p>	<p>13 Glazed Ham Au Gratin Potatoes Carrots Dinner Roll Mandarin Oranges Nickel Bingo</p>	<p>14 Spaghetti w/ Meat Sauce Tossed Salad Pineapple Garlic Bread Golden Living Bingo</p>	<p>15 Liver & Onions Roasted Potatoes Wax Beans Fruit Cocktail Bread Kids and Senior Lunch</p>
<p>18 Grilled Chicken Salad w/ Egg, Vegetables, Cheese Breadstick Cherry Pie Generations Volunteer Recognition</p>	<p>19 Battered Haddock w/ Tartar Sauce Hashbrowns Coleslaw & Applesauce Bread Rocky Knoll R.N</p>	<p>20 Swiss Steak Mashed Potatoes Corn Dinner Roll Apple Crisp Price is Right</p>	<p>21 Turkey Loaf w/ Gravy Mashed Potatoes Green Beans Peaches Breadstick New Direction</p>	<p>22 Chicken Breast Oven Roasted Potatoes Broccoli Bread Banana Hospice Advantage Bingo</p>
<p>25 Turkey w/ Gravy Peas & Carrots Stuffing Mandarin Orange Jell-O Brownie Keyboard w/ Elinor</p>	<p>26 Meatloaf Mashed Potatoes Green Beans Peaches Bread Birthday Cake Birthday Celebration</p>	<p>27 BBQ Pork on Bun Sweet Potato Puffs Three Bean Salad Fruit Cocktail Ice Cream Money Fraud Bingo</p>	<p>28 Lasagna Garlic Bread Tossed Salad Tropical Fruit Cookie Waterford Bingo</p>	<p>29 Taco Salad w/ Tomatoes, Cheese, Sour Cream, Chips Breadstick Apple Pie Word Games and Puzzles</p>

Senior Dining Menu

**April
2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations: Adell: Call Mary at: 920-994-9934</p> <p>Cascade: Call Mary at: 920-994-9934</p>	<p>Cedar Grove: Call Delores at: 920-668-6863</p> <p>Howards Grove: Call Toni at: 920-467-9042</p>	<p>Oostburg: Call Mary at: 920-994-9934</p> <p>Sheboygan: Call Darcy at: 920-207-2522</p>	<p>Sheb. Falls: Call Toni at: 920-467-9042</p>	<p>1 Meatball Sub w/sauce & Mozzarella cheese Buttered Corn Banana Pudding</p>
<p>4 Hot Dog Sauerkraut Baked Beans Brownie Brewers Opening Day</p>	<p>5 Swedish Meatballs Buttered Noodles Buttered Carrots Orange Muffin</p>	<p>6 Open Faced Turkey Sandwich Mashed Potatoes/ Gravy Green & Wax Beans Cherry Oatmeal Bar</p>	<p>7 Roast Pork Baby Red Potatoes Cabbage Bread Whipped Jell-O</p>	<p>8 Chicken Dumpling Soup Crackers 1/2 Egg Salad Sand Tossed Salad/ Tomatoes& Peppers Brownie</p>
<p>11 Turkey Bake Peas & Carrots Pears Mandarin Orange Fluff</p>	<p>12 Country Fried Beef Steak Mashed Potatoes & Gravy Capri Blend Vegetables Bread Pudding</p>	<p>13 BBQ Chicken Cheesy Potatoes Baked Beans Wheat Bread Tropical Fruit</p>	<p>14 Pizza Burger Potato Wedges Peaches Rice Krispy Bar</p>	<p>15 Baked Fish Wild Rice Stewed Tomatoes Coleslaw Lemon Bar</p>
<p>18 Spaghetti With Meatballs Garden Salad Applesauce</p>	<p>19 Chicken Breast Baked Potato California Blend Vegetables Wheat Bread/ Peaches</p>	<p>20 Swiss Steak or Liver Mashed Potatoes Diced Beets Wheat Bread Pears</p>	<p>21 Lasagna Roll Up Cauliflower Fruit Cocktail Cherry Strudel</p>	<p>22 Chili Elbow Noodles Cheese Slices Chuckwagon Corn Fruited Jell-O</p>
<p>25 Chicken Stir Fry Over a Bed of Rice Pineapple Spice Cake</p>	<p>26 Baked Ham Scalloped Potatoes Pickled Beets Wheat Bread Confetti Cake</p>	<p>27 Chicken Alfredo Broccoli Garden Salad Chocolate Cake</p>	<p>28 BBQ Rib on a Bun Green Beans Banana Cookie</p>	<p>29 Hamburger Stroganoff Buttered Noodles Mixed Vegetables Tropical Fruit</p>

The first of April is the day we remember what we are the other 364 days of the year. *Mark Twain*

You gotta be a man to play baseball for a living, but you gotta have a lot of little boy in you, too. *Roy Campanella*

"It's a beautiful day for a ballgame ... Let's Play Two!"
Ernie Banks



**Sheboygan County
Senior Dining Program**